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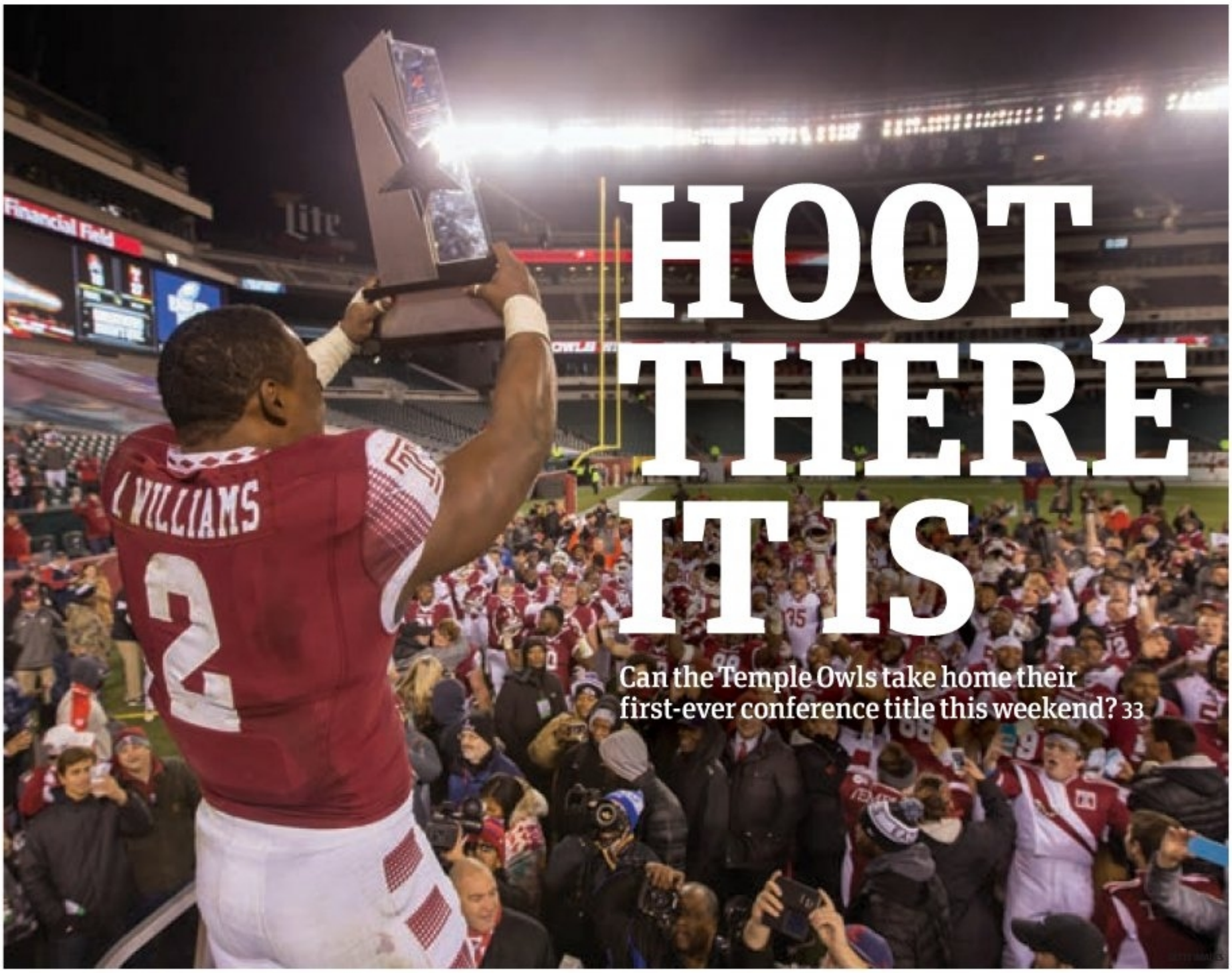
Active travelers can do lots more than lounge on the beach in Aruba. 30

Assistant city attorney suspected in anti-Trump graffiti case. 8



HOOT, THERE IT IS

Can the Temple Owls take home their first-ever conference title this weekend? 33

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1. Why did an assistant city attorney turn himself in to police this week?

2. When Temple and Navy faced off two seasons ago, what was the result?

3. "Hamilton" start Leslie Odom Jr. covers which contemporary Christmas hit on his new album?

3 things you need to know

DEMOCRATS RE-ELECT PELOSI AS HOUSE LEADER

U.S. House of Representatives Democratic Leader Nancy Pelosi was re-elected to her post on Wednesday despite a challenge from a Rust Belt congressman who said the party needed new leadership after a disappointing showing in elections this month. Pelosi, 76, a Californian who has been in Congress for 30 years and led the party in the House for 14 of them, defeated 43-year-old Tim Ryan, a seven-term representative from the Youngstown area of northeastern Ohio in a 134-63 vote, aides said. U.S. voters elected Republican Donald Trump to the White House and Republicans kept their majorities in the House and Senate in the Nov. 8 elections. Ryan, in challenging Pelosi for the leadership job, said the party needed to do a better job of reaching out to the working-class voters who backed Trump. REUTERS

AT LEAST FIVE DEAD AFTER TORNADOES RIP THROUGH SOUTH

2 At least five people were killed and dozens more were injured after tornadoes tore through Alabama, Tennessee and Mississippi overnight and into Wednesday morning, forecasters and local media reported. Three people were killed in the night in Rosalie, a small community in northeastern Alabama, where at least one tornado was reported by a weather spotter, the National Weather Service said on its website. "Nighttime tornadoes can be particularly dangerous since they are difficult to see and can be quick-moving, all while many people are asleep," the National Weather Service said in a statement. A couple was killed in Tennessee's Polk County, the Chattanooga Times Free Press reported, citing a law enforcement official. Several dozen others were injured in the state, including at least 20 people in McMinn County, ABC affiliate WATE reported. REUTERS

NETFLIX SUBSCRIBERS CAN BINGE-WATCH SHOWS OFFLINE

3 Video streaming pioneer Netflix Inc. has added an option that allows subscribers to download shows at no additional cost on their mobile device to watch without an internet connection. Netflix signaled in recent months it would add an offline viewing option to better compete as the streaming video market becomes more and more crowded. Amazon.com Inc's rival streaming video service, Prime Video, has had this option for about a year. While the new option announced on Wednesday is available for all of Netflix's subscribers, it could have greater appeal in international markets such as Africa and Asia, where internet service is less ubiquitous than it is in the United States. REUTERS

Prisoners at Dade County Correctional Facility in Florida GETTY IMAGES

Tears, reconciliation as Philly juvenile lifers' cases move forward

Philly courts are steadily working to resentence nearly 300 juveniles sentenced to life.

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It was a situation rarely seen in any criminal court. An admitted murderer and his family watched as a judge, prosecutors and defense attorneys worked in support of his efforts to get out of prison.

It happened in Philadelphia's Criminal Justice Center on Wednesday, in the case of Michael Twiggs, 58, who has served 41 years in prison for killing another man when he was 17.

"A long time ago, I made a horrible decision that cost a young man's life," Twiggs said before breaking down in sobs during his resentencing hearing. "Christopher Ross is that young man's name. … I'm so sorry for my past transgressions."

Twiggs is one of Philadelphia's 300 "juvenile lifers" — defendants sentenced to life in prison for crimes committed when they were under the age of 18 — who all now must be resentenced under a U.S. Supreme Court decision. The court in part found that juveniles' brains are not completely developed and they do not fully understand the implications of their actions.

In 1975, Twiggs fatally shot 19-year-old Ross with a sawed-off shotgun after an argument sparked by Twiggs about a female acquaintance sitting with Ross on a porch.

Judge Kathryn Lewis heard testimony from family and friends that while at the state prison in Graterford, Twiggs pursued extensive self-education activities. He studied the law and helped other inmates work on their cases. One lifelong friend testified that they would give Twiggs a job when he got out.

"It shows me you had the strength and the depth of character to invest in yourself and grow, despite the circumstances," Lewis noted. "You made the choice to try and improve yourself, to try and help others."

Prosecutors and Twiggs' lawyer had agreed to a new sentence on murder charges of 35 years to life in prison. He will remain incarcerated, but is now eligible for parole, which prosecutors will support. A parole hearing is expected to be scheduled within 45 to 60 days.

The Philadelphia DA's office has handled 15 of these complex "juvenile lifer" resentencings since June, when the Supreme Court's 2012 decision that juveniles could not be sentenced to life in prison was expanded to apply retroactively to past sentencings. The DA's office has 25 more resentencings scheduled by February 2017.

Statewide, Pennsylvania had 506 of these cases, the highest number of any state in the country. The Defenders Association of Philadelphia has taken on about 225 juvenile-lifers cases.

"They're being handled fairly. I think they're being handled a little too slowly," said Twiggs' attorney, Bradley Bridge, who is with the Defenders Association.

"Michael Twigg should be released immediately because he has done exceedingly well in prison," Bridge said. "We still have to go before the parole board, and that takes time, and that's unfortunate."

But in the end, for someone whose served 41 years, a few months may not make a huge difference.

"It was absolutely amazing. I can't even put it into words," said Twiggs' sister, Sharon Harris, of the power of watching her brother apologize for his actions in court. "It has really made all of us feel very humbled. Our hearts go out to everybody. It was so amazing."

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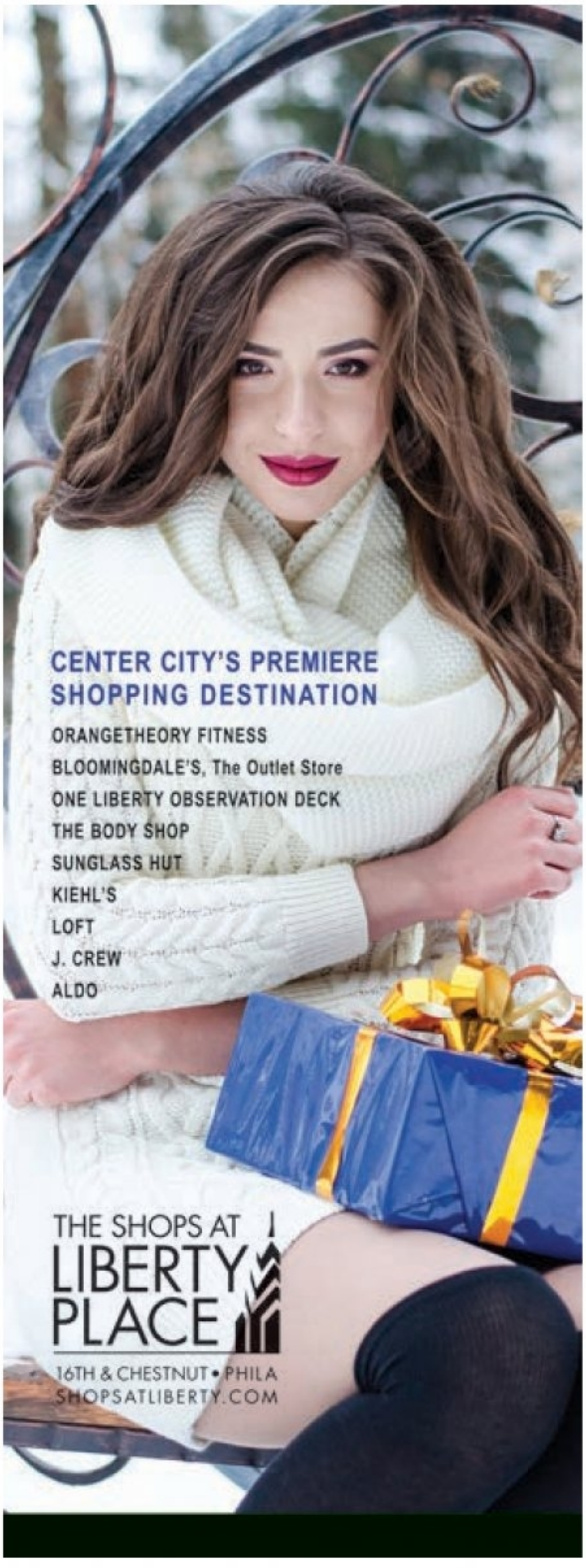

Philly teen shot dead in ambush leaves police searching for clues

Detectives have little information about the two gunmen or any possible motive in Monday's attack in Mayfair.

ALEXIS SACHDEV
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Ian Wilsey, 14, was gunned down Monday night. GOFUNDME

Philadelphia police investigators are searching for leads in a shooting that left a 14-year-old boy dead in the Mayfair section Monday night.

Ian Wilsey, a ninth-grader at Northeast High School, and a 16-year-old friend were hanging out in the Northeast Philadelphia neighborhood around 9 p.m., when they decided to walk to a nearby store for a snack.

Two men ambushed the teenagers, authorities said. When they tried to run, the suspects opened fire with a semiautomatic handgun. Wilsey was struck in the chest three times. One of the bullets pierced his heart.

"They just started shooting," Wilsey's friend, who has asked to remain anonymous, told 6ABC. "They didn't say anything. They didn't stop to talk to us. They just started shooting."

Wilsey was taken to Aria Jefferson Health Torresdale hospital, where he died a short time later.

Neighbors were shaken by the shooting, which took place on the 6200 block of Brous Avenue, just blocks north of Frankford Avenue.

Patricia James, 67, who lives nearby on Devereaux Avenue, told the Philadelphia Inquirer that she was in bed when she heard gunfire and saw flashes.

A GoFundMe page was created to help Wilsey's family pay for funeral costs. The website has also served as a place where people can pay tribute to the boy, who would have turned 15 in December.

"Ian left a lasting impression on me after having him last year. Some days tough, but mostly fun. I loved our Monday morning conversations about football," Wilsey's former teacher, Jessica Nicholls, wrote. "He will be missed. Cherish all the wonderful memories of him."

Detectives have little information about the two suspects and any possible motive in the attack.

"We don't know if it's a robbery [or] a prior altercation," Philadelphia Police Homicide Capt. James Clark said.

Detectives are searching for any witnesses and reviewing surveillance footage. They believe the two men exited a car and ran off. One suspect was described as wearing a dark, hooded sweatshirt, and the other was wearing a "very small beanie hat," PPD Chief Inspector Scott Small said.

The PPD is offering a $20,000 reward for information that leads to the arrest and conviction of anyone involved. Police urge anyone with information to call the homicide unit at 215-686-3334.

BRIEF

Center City letter bomb victim speaks out about attack, recovery

The man who sustained extensive injuries when a package he believed to be medication exploded as he opened it has spoken out for the first time, saying he is feeling better but his road to recovery will be long.

Jim Alden appears to be the victim of a targeted attack, authorities said. The 60-year-old man was found by police on the floor of his Center City Philadelphia home in the early morning hours of Nov. 22, after the package had detonated in his face.

Wrapped in a padded envelope and addressed to him, the package did not appear unusual because he receives asthma medication in the mail. But when he opened it, the explosion sent shrapnel at his face and chest. Alden lost parts of two fingers, and fractured his hands.

"The shrapnel damage to my face, chest and arms is slowly healing, and a blister on my ear drum is affecting my hearing, but is supposed to heal," Alden wrote in an update online. "At this point, I only know that I have a long road ahead of me, and I will likely be unable to work for quite some time."

Alden had just returned home from a trip to New York when noticed the envelope. The Rittenhouse Square resident has been long active in the city's LGBTQ and theater communities.

He and his partner have a "Love Trumps Hate" sign in the window of their 18th and Pine streets residence

While investigators haven't determined if politics or sexual orientation motivated the attack, they said the envelope was addressed to Alden and believe the attack was intended for him — though they're not sure why.

A close friend of Alden set up a crowdfunding campaign on the YouCaring website earlier this week to raise money to help pay for the medical bills. As of Wednesday morning, the campaign had reached $18,565 of its $25,000 goal. ALEXIS SACHDEV

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BRIEF

Donate to Metro's Toy Drive
In keeping with the holiday spirit of giving, Metro is once again launching Metro Magic, our annual toy drive for underprivileged children in New York, Boston and Philadelphia.

This year marks the seventh anniversary of the toy drive, which was renamed in memory of the man who oversaw the project for more than four years, Tony Metcalf, Metro's longest-running editor in chief. Mr. Metcalf passed away in 2013 from colon cancer at the age of 50.

Mr. Metcalf lit up every year as he saw the faces of children unwrap their holiday gifts. It is our goal to keep that magic alive.

"Tony felt we should use the size and scale of Metro to help others and he used enormous dedication and force to execute the project and every year make children in need a little happier during the holiday season," said Metro's Chief Executive Officer Yggers Mortensen.

"I am proud to continue this project in honor of Tony and I hope all our readers, suppliers and members of the Metro team will help to make this yet another great Metro Magic year."

Metro has created a wish list at the Target website that readers can access by going to Metro.us and clicking on the Tony's Metro Magic story on the homepage.

From there, just choose the toys you wish to donate, pay online using Target's secure payment system, and your gifts, along with your name attached, will be delivered to Metro's offices in each city.

This season, we hope you will remember the children who will spend the holidays in shelters or who may not have gifts to open. Even one small gift can make a big difference in a child's holiday season.

It's good to receive a gift. It's better to give one. METRO

Action Wellness operators and volunteers at work in Philadelphia. ACTIONWELLNES

Philly health activists urge screening on World AIDS Day

Local nonprofits are working to remove the perceived stigma attached to HIV testing.

A.D. AMOROSI
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letters@metro.us

HIV infection is on the upswing in many American cities and on this World AIDS Day health care activists in Philadelphia are like-minded in their advice to sexually active people: Get tested for the virus.

Philadelphia is the 28th riskiest city in the U.S. for HIV, according the most recent data published by the Centers for Disease Control and Prevention.

Many AIDS activists in the city agree that preventing the spread of HIV through education and early detection is critically important. They add that early detection is hampered by the stigma attached to HIV testing.

ActionAIDS changed its name to ActionWellness last summer to deal with that stigma as well as emphasize that it offers "overall health screenings for diabetes, high blood pressure and a whole range of problems that include HIV," said Executive Director Kevin J. Burns.

ActionWellness further tackles the stigma problem by being more sympathetic to their clients' privacy.

"We used to do pre-test counseling about why patients thought they were at risk, be it sex lives or drug use that, in hindsight, was as barrier to treatment," Burns said. "Who wants to give up all that info?"

A start-up called GetTested.com attacks the stigma problem by delivering at-home test kits for sexually transmitted diseases.

"Everyone who is sexually active is at risk of becoming infected and the ability to screen yourself, any time, from the privacy and comfort of your own home without copays, gives individuals peace of mind and ensures they are not spreading STDs to new partners," said GetTested Manager Hannahmae Dela Cruz.

Dr. Helen Koenig, medical director of the I Am… program at Philadelphia Fights, adds that there also exists the stigma of adhering to an HIV treatment regimen.

"You have to offer, as we do with our Youth Health Empowerment Project, a robust program of intensive adherence and support … and troubleshoot all barriers to adherence," she said. "If there is a stigma about refills or keeping large bottles of pills in their home, we have medication delivered here and make it convenient without being stigmatizing or anxiety inducing."

An expanded version can be seen at metro.us

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Anti-Trump graffiti suspect in blazer with wine glass ID'd as a Philly city attorney

Authorities say Assistant City Solicitor Duncan Lloyd has turned himself in.

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The blazer-wearing suspect who tagged along and recorded a friend spray-painting a message denigrating President-elect Donald Trump outside a Chestnut Hill grocery store has been identified as a Philadelphia city attorney.

Assistant City Solicitor Duncan Lloyd was identified as one of the two men who authorities say were involved in spray-painting the derogatory message, "F— Trump," on the wall of a Fresh Market grocery store on Nov. 25, the Inquirer reported. The incident was caught on a surveillance camera. The other man who can be seen actually scrawling the message has not been identified.

Lloyd holds an undergraduate degree from the University of Pennsylvania — as does President-elect Donald Trump — and is a Temple University law school graduate, according to his LinkedIn profile. He has reportedly turned himself into police to face vandalism charges and is cooperating with authorities.

A law department official confirmed that Lloyd has been connected to the incident and told the Inquirer that the office does "not condone this type of behavior from our employees." Lloyd's online profile stated that he has worked for the city since 2011.

The graffiti left on the grocery market PPD

Lloyd was caught on camera in a dapper prep-school style outfit — blue blazer and khaki pants — and holding a glass of red wine. He was seen walking behind another man, whose face was partly covered with a hoodie.

The video shows the other man then scrawling something on the wall, and walking away while Lloyd approaches the scene and points his phone at the wall, as if snapping a photograph or recording a video.

The estimated damage from the graffiti will cost between $3,000 to $10,000 to clean up, according to city police.

City Republican officials pounced on the incident as evidence of the disrespect shown for the president-elect, and demanded Duncan be fired immediately.

"If the image of an upper-middle-class city attorney clad in a blazer and sipping wine while vandalizing an upscale grocery store with an anti-Trump message strikes you as perhaps the most bourgeois sight imaginable, that's because it is," Philadelphia GOP chairman Joe DeFelice said in a news release.

"Nothing can better represent the hysterical pearl-clutching of the 'progressive' elite in response to this earth-shattering election," he continued, "when residents of Chestnut Hill and similar neighborhoods across the country discovered — gasp — that other people have a voice, too."

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FBI set to gain expanded hacking powers as Senate effort to block fails

The government will have "unprecedented authority to hack into Americans' personal phones, computers and other devices," Democratic Sen. Ron Wyden said.

Democratic Sen. Ron Wyden
TWITTER@ RONWYDEN

A last-ditch effort in the Senate to block or delay rule changes that would expand the federal government's hacking powers failed Wednesday, despite concerns the changes would jeopardize the privacy rights of innocent Americans and risk possible abuse by the incoming administration of President-elect Donald Trump.

Sen. Ron Wyden attempted three times to delay the changes which will take effect on Thursday and allow U.S. judges to be able to issue search warrants that give the FBI the authority to remotely access computers in any jurisdiction, potentially even overseas. His efforts were blocked by Sen. John Cornyn of Texas, the Senate's second-ranking Republican.

The changes will allow judges to issue warrants in cases when a suspect uses anonymizing technology to conceal the location of his or her computer or for an investigation into a network of hacked or infected computers, such as a botnet.

Magistrate judges can currently only order searches within the jurisdiction of their court, which is typically limited to a few counties.

In a speech from the Senate floor, Wyden said that the changes to Rule 41 of the federal rules of criminal procedure amounted to "one of the biggest mistakes in surveillance policy in years."

He added that such authority, which was approved by the Supreme Court in a private vote earlier this year, but was not subject to congressional approval, was especially troubling in the hands of an administration of President-elect Trump, a Republican who has "openly said he wants the power to hack his political opponents the same way Russia does."

Democratic Sen. Chris Coons of Delaware and Republican Sen. Steve Daines of Montana also delivered speeches voicing opposition to the rule changes.

The Justice Department has pushed for the changes to the federal rules of criminal procedure for years, arguing they are procedural in nature and the criminal code needed to be modernized for the digital age.

In an effort to address concerns, U.S. Assistant Attorney General Leslie Caldwell wrote a blog post this week arguing that the benefits given to authorities from the rule changes outweighed any potential for "unintended harm."

REUTERS

"The possibility of such harm must be balanced against the very real and ongoing harms perpetrated by criminals — such as hackers, who continue to harm the security and invade the privacy of Americans through an ongoing botnet, or pedophiles who openly and brazenly discuss their plans to sexually assault children."

Caldwell

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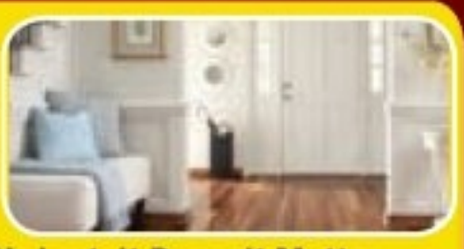

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Doctor's Memory Breakthrough

One Simple Trick to Reversing Memory Loss

World's Leading Brain Expert and Winner of the Prestigious Kennedy Award, Unveils Exciting News For the Scattered, Unfocused and Forgetful

By Steven Wuzubia
Health Correspondent;

Clearwater, Florida: Dr. Meir Shinitzky, Ph.D., is a former visiting professor at Duke University, recipient of the prestigious J.F. Kennedy Prize and author of more than 200 international scientific papers on human body cells. But now he's come up with what the medical world considers his greatest accomplishment — A vital compound. so powerful, it's reported to repair… even regrow damaged brain cells. In layman's terms — Bring back your memory power. And leave you feeling more focused and clear-headed than you have in years!

Dr. Shinitsky explains this phenomenon in simple terms; "Science has shown when your brain nutrient levels drop, you can start to experience memory problems and overall mental fatigue. Your ability to concentrate and stay focused becomes compromised. And gradually, a "mental fog" sets in. It can damage every aspect of your life". Not only do brain cells die but they become dysfunctional as if they begin to fade away as we age. This affects our ability to have mental clarity and focus and impacts our ability to remember things that were easy for us to do in our 20's and 30's.

Scientists think the biggest cause of brain deterioration in older people is the decreased functioning of membranes and molecules that surround the brain cells. These really are the transmitters that connect the tissues or the brain cells to one another that help us with our sharp memory, clear thinking and mental focus, even our powers to reason well. "When we are in our 20's" according to Dr. Shinitzky "our body produces key substances like phosphatidylserine and phosphatidic acid"…unfortunately they are believed to be critical essential nutrients that just fade away with age, much like our memories often do leading to further mental deterioration.

As we get older it becomes more frustrating as there is little comfort when you forget names… misplace your keys…or just feel "a little confused". And even though your foggy memory gets laughed off as just another "senior moment," it's not very funny when it keeps happening to you.

The Missing Link is Found and Tested

It's hard to pronounce that's for sure, but it certainly appears from the astounding clinical research that this one vital nutrient phosphatidylserine (PS) can really make a huge difference in our mental wellness. 17 different double blind studies with placebo controlled groups have been involved in the clinical research of PS with patients between the ages of 55-80 years of age. Periodically the researchers gave these patients memory and cognitive tests and the results were simply amazing:

1) PS patients outperformed placebo patients in All 5 Tests - 100% Success Rate
2) After only 45 days there was a measurable improvement in mental function
3) After 90 days, there was an impressive and amazing improvement in mental function

The group taking phosphatidylserine, not only enjoyed sharper memory, but listen to this… they were also more upbeat and remarkably more happy. In contrast, the moods of the individuals who took the placebo (starch pill), remained unaffected….no mental or mood improvement at all.

My Memory Started to Scare Me.

I would forget all kinds of things and something that I just said earlier in the day would have completely slipped my mind. I almost forgot my granddaughter's birthday and that would have been horrible. I had forgotten lots of other little things along the way. I was worried about it.

Over the last several months I've noticed my memory seemed to be getting pretty unreliable and so I thought I'd better do something about it now. So when I read about this amazing PS nutrient and how much it would help me with my memory I wanted to try it.

It's great! I have actual recall now, which is super. After about 6 weeks of taking it on a daily basis is when I began to notice that I wasn't forgetting things anymore.

Thanks to PS for giving me my memory back. It's given me a lot more self-confidence and self-esteem. I would not trust my memory without it.

- Ethel Macagnoney

Vital Nutrient Reverses "Scatter Brain"

This incredible PS nutrient feeds your brain the vital nutrient it needs to stay healthy… PS now has the attention of some of the world's most prominent brain experts. It has been written up and published in leading science and medical journals and its findings have electrified the International scientific community.

Dr. Meir Shinitzky, Ph.D. a former visiting professor at Duke University and a recipient of the prestigious J.F. Kennedy Prize

Earth-Shaking Science

Published, clinical reports show replenishing your body's natural supply of Phosphatidylserine, not only helps sharpen your memory and concentration — but also helps "perk you up" and put you in a better mood. PS as it turns out also helps to reduce everyday stress and elevate your mood by lowering your body's production of the hormone cortisol. When cortisol levels are too high for too long you experience fatigue, bad moods and weakness. This drug-free brain-boosting formula enters your bloodstream fast (in as little as thirty minutes).

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We've made arrangements with the distributor of this proprietary blend of PS, which combines with several other proven special brain boosting natural ingredients to give you the mental clarity and memory gain that you need, to give you a Risk-Free trial supply. This is a special "Readers Only Discount". This trial is 100% risk-free.

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So don't wait. Now you can join the thousands of people who think better, remember more — and enjoy clear, "fog-free" memory. Call today, toll-free at 1-800-851-7653. Think of it as making a "wake-up call" to your brain.

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BRIEF

Levi's CEO asks shoppers to leave their guns at home

The chief executive of the Levi Strauss & Co jeans company waded into the U.S. gun control debate on Wednesday, with an open letter asking customers not to bring their firearms into its stores because doing so could make employees and other shoppers uncomfortable.

In an open letter published on the social media site LinkedIn, Levi's CEO Chip Bergh said he respects gun rights, which are protected by the Second Amendment of the U.S. Constitution, but does not consider a clothing store an appropriate venue to carry firearms.

"It boils down to this: you shouldn't have to be concerned about your safety while shopping for clothes or trying on a pair of jeans. Simply put, firearms don't belong in either of those settings," Bergh said.

Bergh, who described himself as a former army officer and father, said a firearm carried into one of its stores recently went off inadvertently and injured the gun carrier.

He also noted that the San Francisco-based company, which traces its history to the 19th Century American West, has stores in places like Orlando, where a man in June killed 49 people while armed with an assault-style rifle in what ranked as the deadliest mass shooting in modern U.S. history.

In a sign of how sensitive the topic is in the United States, he said the company would not ban gun from its stores but asked "responsible gun owners" to leave their firearms at home.

The 163-year-old company joins a long list of U.S. retailers including Target Corp, Sonic and Chili's that have asked their patrons to leave their guns at home.

REUTERS

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Michael McQueary GETTY IMAGES

Award for Penn State whistleblower in Sandusky scandal rises to $12M

A Pennsylvania judge on Wednesday awarded $5 million to a former Penn State University assistant football coach who implicated Jerry Sandusky in the sexual assault of young boys, bringing to more than $12 million the amount owed to the former assistant.

Judge Thomas Gavin of Centre County, Pennsylvania, ruled that Michael McQueary qualified as a whistleblower under a state law and that the school wrongfully fired him as retaliation for reporting Sandusky to school officials.

McQueary will be awarded $4 million for past and future lost salary and $1 million for reputational damage and humiliation over his firing, Gavin said in a written ruling.

The evidence was "overwhelming" that McQueary's firing was connected to his whistleblowing, the judge wrote.

Representatives for McQueary and Penn State could not immediately be reached for comment. Lawyers previously said they could not comment because Gavin had a gag order in place.

McQueary, who coached wide receivers for famed Penn State head coach Joe Paterno for eight seasons, said he witnessed Sandusky, a retired assistant football coach, having sex with a young boy in 2001, a decade before the scandal became public and Sandusky was arrested.

McQueary reported what he saw at the time to Paterno and other school officials, but they chose not to tell authorities, according to state investigators.

McQueary later cooperated with investigators, implicating school officials in a cover-up.

Sandusky, now 72, was convicted in 2012 of molesting 10 boys and sentenced to 30 to 60 years in prison.

Paterno was fired for his role in the Sandusky scandal and died months later. McQueary never worked anywhere of note after his dismissal, he said in his lawsuit, because other schools viewed him as damaged goods. The university contended that he lost his job because the new head coach, Bill O'Brien, did not want him.

McQueary also alleged in his whistleblower lawsuit that former Penn State President Graham Spanier defamed him in a public statement in 2011 that publicly defended others.

In an unusual arrangement, a jury ruled last month on defamation and misrepresentation claims made by McQueary against Penn State, awarding McQueary $7.3 million in compensatory and punitive damages.

Gavin ruled separately on the whistleblower part of the lawsuit. REUTERS

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A water protector carries a log to be chopped into firewood at Oceti Sakowin Camp on the Standing Rock Sioux Reservation. GETTY IMAGES

US Veterans to form human shield at Dakota pipeline protest

The protesters have spent months rallying against plans to route the $3.8 billion Dakota Access Pipeline beneath a lake near the Standing Rock Sioux reservation, saying it poses a threat to water resources and sacred Native American sites.

More than 2,000 U.S. military veterans plan to form a human shield to protect protesters of a pipeline project near a Native American reservation in North Dakota, organizers said, just ahead of a federal deadline for activists to leave the camp they have been occupying.

It comes as North Dakota law enforcement backed away from a previous plan to cut off supplies to the camp – an idea quickly abandoned after an outcry and with law enforcement's treatment of Dakota Access Pipeline protesters increasingly under the microscope.

Protesters include various Native American tribes as well as environmentalists and even actors including Shailene Woodley.

State officials issued an order on Monday for activists to vacate the Oceti Sakowin camp, located on U.S. Army Corps of Engineers land near Cannon Ball, North Dakota, citing harsh weather conditions.

The state's latest decision not to stop cars entering the protest site indicated local officials will not actively enforce Monday's emergency order to evacuate the camp issued by Gov. Jack Dalrymple.

Dalrymple warned on Wednesday that it was "probably not feasible" to reroute the pipeline, but said he had requested a meeting with the Standing Rock Sioux Tribal Council to rebuild a relationship.

"We need to begin now to talk about how we are going to return to a peaceful relationship," he said on a conference call.

The 1,172-mile pipeline project, owned by Texas-based Energy Transfer Partners LP (ETP.N), is mostly complete, except for a segment planned to run under Lake Oahe, a reservoir formed by a dam on the Missouri River.

Veterans Stand for Standing Rock, a contingent of more than 2,000 U.S. military veterans, intends to go to North Dakota by this weekend and form a human wall in front of police, protest organizers said on a Facebook page. Organizers could not immediately be reached for comment.

"I figured this was more important than anything else I could be doing," Guy Dull Knife, 69, a Vietnam War Army veteran, told Reuters at the main camp.

Dull Knife, a member of the Oglala Lakota tribe from the Pine Ridge Reservation of South Dakota, said he has been camping at the protest site for months. REUTERS

BRIEF

Abortion rights advocates challenge restrictions in three states

Abortion rights advocates on challenged laws restricting the procedures in three states, an aggressive push following a U.S. Supreme Court ruling that struck down a Texas law requiring abortions to be performed in surgical centers or hospitals.

The cases in Missouri, Alaska and North Carolina take aim at regulations requiring some or all abortions to be performed in hospitals or surgical centers, and in the case of North Carolina a ban on abortions after the 20th week of pregnancy unless there is a medical emergency.

REUTERS

Trump says will back away from business to focus on White House

Ivanka Trump, Eric Trump and Donald Trump Jr. GETTY IMAGES

After Trump won the election, his company, the Trump Organization, had said it was looking at new business structures with the goal of transferring control to three of his adult children.

President-elect Donald Trump vowed on Wednesday to step back from running his global business empire to avoid conflicts of interest, as concern over his dual role mounts ahead of the Republican's inauguration on Jan. 20.

Trump, a real estate magnate who owns hotels and golf resorts from Panama to Scotland, said he will spell out at a Dec. 15 news conference how he will separate himself "in total" from his worldwide business holdings, which include a winery, modeling agency, and a range of other businesses.

Trump gave few details in a series of early morning tweets on Wednesday, but said "legal documents are being crafted which take me completely out of business operations" and said his children will attend the news conference. He did not say what the planned change might mean for ownership of his businesses.

His children are also on the executive committee of his White House transition team. His daughter Ivanka joined a telephone call his father had with Argentine President Mauricio Macri earlier this month and attended a meeting with Japanese Prime Minister Shinzo Abe, raising concerns about possible conflicts of interests.

A brand name around the globe, Trump had previously argued that he had no need to separate himself from the Trump Organization, which includes a hotel down the street from the White House, a Manhattan tower where he lives and is running his transition to office, and a New Jersey golf course where he interviewed cabinet candidates earlier this month.

Trump said on Wednesday he is not required by law to alter his relationship with his business, but added: "I feel it is visually important, as president, to in no way have a conflict of interest with my various businesses."

As the Republican heads toward taking over the White House from President Barack Obama, scrutiny of potential conflicts has grown. Democratic lawmakers on Capitol Hill called for hearings on the issue.

Rules on conflict of interest for executive branch employees do not apply to the president, but Trump will be bound by bribery laws, disclosure requirements and a section of the U.S. Constitution that prohibits elected officials from taking gifts from foreign governments.

The nonpartisan Office of Government Ethics said in a statement it applauded Trump's aims, and recommended Trump completely divest his holdings rather that transfer control.

"As we discussed with your counsel, divestiture is the way to resolve these conflicts," the office tweeted. REUTERS

"As we discussed with your counsel, divestiture is the way to resolve these conflicts."

Office of Government Ethics

Fed says US wage and price gains still modest; activity mixed

The U.S. economy continued to expand in October and November, the Federal Reserve said Wednesday, but there were only modest gains in wages and prices and the strong dollar was weighing on manufacturers.

Seven of the central bank's 12 districts around the country reported a tightening in labor market conditions, the Fed said in its Beige Book report of anecdotal information collected from business contacts.

The Fed said activity varied across regions but that the outlooks were mainly positive, with six districts expecting "moderate" growth.

"As in the past four Beige Books, wage growth was characterized generally as modest, on balance, by district contacts," the Fed said.

A lack of wage pressures has been a thorn in the Fed's side as it seeks to raise interest rates. Despite the U.S. labor market nearing full employment, economists have yet to see that spark broad-based higher wages and in turn higher inflation.

Central bank policymakers have sought in recent weeks to lay the groundwork for a possible interest rate hike this year after holding off earlier amid economic uncertainty.

Uncertainty over the Nov. 8 presidential election was reported as causing a modest softening of activity in some districts, including vehicle sales in the St. Louis and Richmond, Virginia, districts and hiring activity in Cleveland, the Fed said.

Hiring activity was uneven among districts, as Boston reported "fairly strong activity" with staffing firm revenues increasing 10 percent to 25 percent year-on-year. Staffing firms in Cleveland attributed a modest decline in job openings and placements to election uncertainty. REUTERS

Ford assembly plant in Wayne, Michigan GETTY IMAGES

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Forbes: Taylor Swift, One Direction top list of highest-paid musicians

Pop star Taylor Swift, boy band One Direction and British singer Adele were the highest paid musicians in the world this year, Forbes magazine said on Wednesday.

With earnings of $170 million from touring, recordings, endorsements and other income, Swift, 26, earned the title of 2016's highest paid musician. She pulled in a gross total of more than $200 million on the North American portion of her "1989" world tour.

The "Bad Blood" singer was followed by One Direction, the English-Irish pop band, which brought in $110 million, grossing $200 million-plus for its recent On The Road Again Tour. Members of the band include Niall Horan, Liam Payne, Harry Styles, Louis Tomlinson and, previously, Zayn Malik.

Taylor Swift GETTY IMAGES

Ranking third was "Hello" singer Adele, 28, with $80.5 million, her highest earnings total yet. Adele, whose album "25" was the biggest seller of 2015, enjoyed continued success with album sales this year and grossed millions per night for her arena shows.

Madonna, whose recent "Rebel Heart" tour grossed $170 million, was fourth with $76.5 million, which pushed her career total on the road to $1.4 billion pretax, according to Forbes.

Rounding out the top 10 were Barbados-born Rihanna, who earned $75 million, country star Garth Brooks ($70 million), veteran rock band AC/DC ($67.5 million), the Rolling Stones ($66.5 million), DJ Calvin Harris ($63 million) and music mogul Diddy ($62 million).

Forbes compiled the list after estimating pretax income for the 12 months from June 2015 to 2016 based on interviews with managers, agents, lawyers and some of the stars. It also looked at data from the Pollstar, the Recording Industry Association of America and tracking firm Nielsen SoundScan. REUTERS

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The link between sugar consumption and increased body fat has long been known. Too much sugar in the diet promotes more insulin, the fat storing hormone, and thus more body fat.

THE SLIMMING EFFECT OF STABLE BLOOD SUGAR LEVELS

Recently an Italian study of a sugar-blocking supplement showed significant weight loss results.[1] The supplement, called Zuccarin™, produced on average 20 pounds of weight loss, in the 90 day study.

The subjects lost 10% of their body weight and lost 3 times the weight of the control group, who were also on a 1300 calorie controlled diet, but not taking the Zuccarin supplement. In addition, the subjects also experienced healthier blood sugar levels after using Zuccarin.

The explanation for the weight loss is that Zuccarin uses mulberry leaf extract and chromium to promote healthy blood sugar levels. Mulberry leaf has shown to reduce the absorption of sugars in the foods we eat. When these sugars are undigested, our blood sugar stabilizes and, according to experts, weight loss can occur.

1- "White Mulberry Supplement as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatics Agents., Vol 28, no.1, 2014.

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Hillary Clinton surprises Katy Perry at UNICEF gala

Katy Perry was the honoree at UNICEF's annual Snowflake Ball on Tuesday night. The "Roar" singer has raised more than $1 million for the global children's organization and was the recipient of its Audrey Hepburn Humanitarian award. But her biggest honor may have come from the surprise guest who presented the 32-year-old with the award.

In only her second appearance since losing the presidential election, Hillary Clinton praised Perry for her "powerful voice," according to the Hollywood Reporter. Clinton insisted, "We need champions like Katy now more than ever." The megastar, who fiercely campaigned for Clinton, was brought to tears over the heartfelt acknowledgment.

Perry's family and the special man in her life were in the audience to celebrate the accomplishment. Oh, hi, Orlando Bloom.

ALL PHOTOS FROM METRO.US

It looks like Liam Payne is having a baby

Seems that in addition to their individual solo projects, some of members of boy band One Direction have been busier than others since their hiatus. Louis Tomlinson has been on dad duty since the birth of his son in January. And from the looks of things, band mate Liam Payne is about to follow in his footsteps.

When Liam stepped out with his girlfriend, singer Cheryl Fernandez-Versini, in London on Tuesday night, TMZ captured photos of Cheryl sporting a green dress, black boots, and a growing baby bump. The couple, who both rose to prominence in pop groups (she was a member of Girls Aloud) started dating earlier this year.

It looks like they got the ball rolling pretty quickly, as Cheryl appears to be in her second trimester. But we're not judging.

the word

SESALI BOWEN
sesali.bowen@metro.us

Khloé Kardashian shuts down sweatshop comment about denim brand

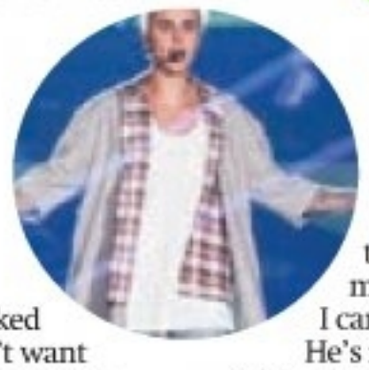
If you didn't already know, Khloe Kardashian just launched a denim brand called Good American. The jeans, sold by retailers like Nordstrom, are made with curvy girls in mind, because, duh, a Kardashian made them.

The 32-year-old recently took fans inside her denim factory on — also duh — Snapchat. But one viewer had her own theory about how the jeans are made. The Twitter user said Khloe had a sweatshop working on her jeans, and the reality star didn't take kindly to that at all.

She clapped back, "Watch your mouth. All make salaries and all are employed in la! Know your info before you chime in." She followed up with: "It means a lot to me to fight to make my denim in the US, and to be employing good wages to all of my hardworking employees!"

At over $150 a pop, her garment workers better be getting paid a living wage.

Justin Bieber jokes that 'hell is Instagram'



Justin Bieber tried out a new comedy routine on the final stop of his Purpose world tour in London on Tuesday night. A few jokes from the "Sorry" singer were a welcome reprieve from his lashing out at fans for screaming too loud at a concert in October.

The crooner, who deleted his Instagram page in August, asked his audience if they thought he should bring it back. But they were let down when he joked "Nah, I don't want to get my Instagram back. Instagram is for the devil. I'm sure … I think hell is Instagram. I'm, like, 90 percent sure." He went on, "We get sent to hell and we get, like, locked in the Instagram server. Like, I'm stuck in the DMs. I'm trying to climb my way out and I can't."

He's not the only celeb who thinks IG can be a bit overwhelming. Kendall Jenner took a break from the photo-sharing app earlier this month. We guess having millions of adoring fans is stressful.

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Thank God Lorelai (Lauren Graham) and Rory (Alexis Bledel) are back. SAEED ADYANI, NETFLIX

In praise of revivals, like 'Gilmore Girls'

Geek Girl in Hollywood

JENNA BUSCH
legionofleia.com

First let me say this; I have never watched "Gilmore Girls." I know, I know. Even when you write about entertainment for a living, sometimes there are holes in your knowledge. I know fans are passionate about it, and I'm sure I'll marathon it at some point. When I heard about the revival, however, it made me happy. I know not everyone is on board with reprising old shows, but I am. It's like visiting long lost friends. You may not like where life has taken them, or what happens after you reconnect, but there is a hole that is filled, even when those friends are fictional.

I've always felt like this. Maybe it's because I've always been an avid reader. When one of my favorite authors, Anne McCaffrey, went back to a series, "Dragonriders of Pern," she'd left alone for a while, I felt like a parched desert dweller given a glass of water.

I get attached to fictional characters. We all do. We invest hours and hours in their lives and relationships, sometimes more than we do with real friends. In a way, sometimes we connect to them even more, as we watch them go through the same things we have, without the pressure to help them fix things. We can observe how they handle it and compare it with what we've done. When it's something we haven't gone through, we can consider how we would handle it if something similar happened to us. In a way, it's almost more intimate than a real-life friendship because it shows us ourselves in a true light.

Whether or not I liked the "X-Files" revival, I was desperate to know what happened to Mulder and Scully. I, like many of you, wanted to be a part of their lives again. It's for the same reason that I read all of the continuing comic book adventures of Buffy the Vampire Slayer. I spent my formative years learning from these characters, battling with them and watching their relationships wax and wane.

When I think of that period of my life, or discuss it with friends, they always come up. Similarly, when I think about my childhood, characters like Lessa or Menolly from the "Pern" series are right there in the background. Hell, I'd give anything (and I know I'm not alone here) to see more of what happened to the "Firefly" gang, though the loss of Ron Glass, who played Shephard Book, means that I will never get that chance.

So keep bringing back our old favorites, in addition to giving us new characters to care about. Huzzah to the "Gilmore Girls" revival for letting fans in on what happened in their fictional lives, and for reminding us of where we were the last time we saw them.

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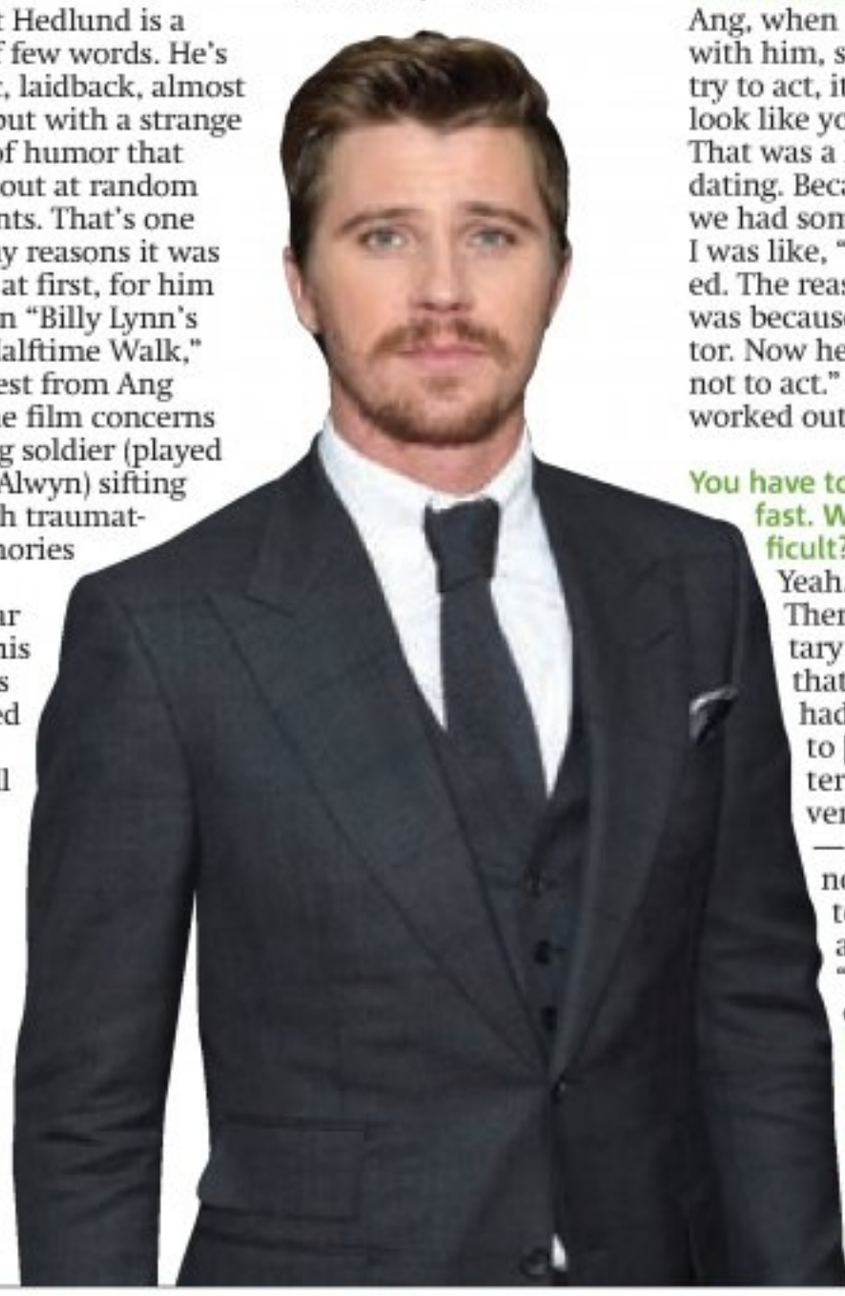
Garrett Hedlund can do without social media

The actor talks about speaking fast and doing boot camp for "Billy Lynn's Long Halftime Walk."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Garrett Hedlund is a man of few words. He's laconic, laidback, almost aloof, but with a strange sense of humor that comes out at random moments. That's one of many reasons it was tough, at first, for him to act in "Billy Lynn's Long Halftime Walk," the latest from Ang Lee. The film concerns a young soldier (played by Joe Alwyn) sifting through traumatic memories of the Iraq war while his troop is honored at a football game. Hedlund plays the hepped-up sergeant. He speaks a lot, and quickly. On top of that, Lee shot the film in a radical, revolutionary technology called "high-frame rate": a new kind of digital cinematography that makes everything look hyper-real.

Hedlund — of "On the Road," "Tron: Legacy" and the original "Friday Night Lights" movie — talks to us about this unusual film.



Did you find that the high-frame rate required you to change how you acted? If you're really stylized with the high-frame rate, it can makes actors look fake.

Ang, when I first met with him, said, "If you try to act, it's going to look like you're acting." That was a little intimidating. Because I knew we had some big scenes. I was like, "Oh, I'm f—ed. The reason I was cast was because I'm an actor. Now he's telling us not to act." But I guess it worked out. [Laughs]

You have to speak really fast. Was that difficult?

Yeah. [Laughs] There was a military supervisor that we had. He had a similar life to [his character]. He was a very fast talker — which I'm not. Ang said to me, soon as I met him, "This is your character."

Given how much you talk here, this would make a good double fea-

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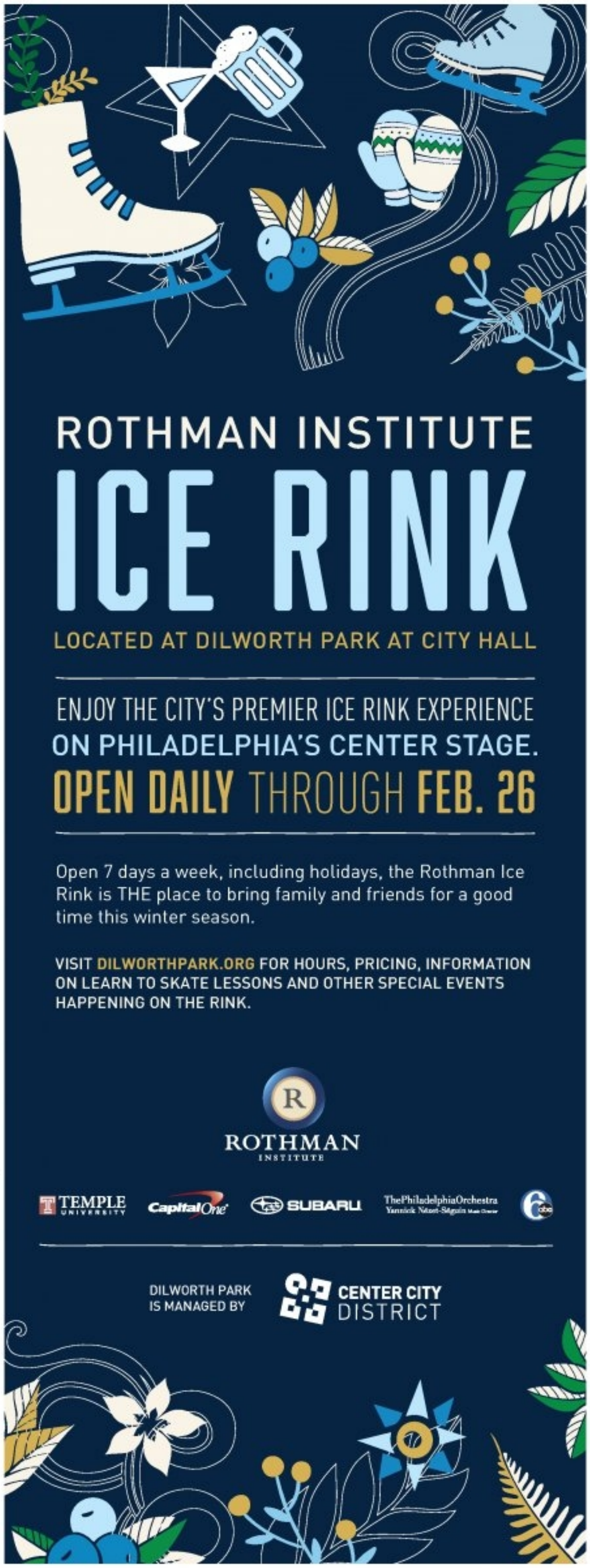
In "Billy Lynn's Long Halftime Walk," now in theaters, Garrett Hedlund (right, next to Joe Alwyn) plays a sergeant whose troop is being honored back home for their tour of duty during the Iraq war. SONY; PHOTO TO THE LEFT: GETTY IMAGES

ture with "Inside Llewyn Davis," in which you're the opposite: You speak maybe two words.
[Big laugh] Yeah.

Tell me about the boot camp.
We'd do an 8-mile rock backpack run. They sprayed us with a firehose while we were upside down over a puddle. They made us do port side and bow side with f—in' telephone poles. This [drill sergeant] would yell at me: "You that f—ing actor who was on 'Friday Night Lights'?" I'd say, "Yes, sir." He said, "I've worked too hard to become a 'sir.' You call me 'Master Chief Hoffman.'" I'd say, "Yes, sir." He'd say, "Do not call me 'sir'!" [Laughs] Later I discovered he was the motherf—er who trained everyone on ["Friday Night Lights" film director] Peter Berg's other films, on "Lone Survivor" and everything else. But yeah, for the first day it felt like s—.

Boot camp sounds rough for anyone, but actors probably don't take it particularly well.
They took everyone's phones away from them. There was a group of guys that have big Twitter followers and stuff like that. They felt like they were missing their fans. I've never been on it. I thought it was funny that a group of guys would be missing their Twitter fans more than paying attention to the film we're doing. But they broke them out of that.

It's addictive. It's a 24-7 job being on social media.
Turns out.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WHERE TO EAT, DRINK &

9 Things you can't miss at Christmas Village

The outdoor holiday market is now in its ninth year.

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

Where in Philadelphia can you feast on tasty German treats, shop for handmade ornaments, sip on mulled wine and hang out with Santa Claus? Christmas Village, of course! This year, it's moved to City Hall from its usual Love Park location due to renovations, and over 780,000 people are expected to attend. With 82 vendors to choose from, there's a lot to see and do. Here are nine things you can't miss at Christmas Village 2016.

1 Carousel

One of the additions to the festivities this year is a carousel at the center of City Hall's courtyard. Perfect for the kids or for adults that still feel like kids — rides are $3 each on one of the 20 wooden horses.

2 The Ho Ho Happy Hour

Another new element is The Ho Ho Happy Hour, happening on Wednesdays from 5-7 p.m. Each week will have a different theme: Dec. 7 is Irish Christmas and will feature live Irish music and bites; Dec. 14 is Philly Christmas and will highlight music and food from Philly; and Dec. 21 is German Christmas, complete with German music and dancers.

3 A Taste of Christmas Village

If you're free on Tuesdays or Thursdays, A Taste of Christmas Village is perfect if you're keen on sampling a variety of drinks and eats. Presented by Chaddsford Winery, Tasty Tuesday and Thursday tours will run through Dec. 22 and feature food samples from Pretzelphoria, Brunkow Cheese, German Sweets, Shane Confectionery and The Bacon Jams. Tickets are available through Groupon.

4 First annual Bratwurst Eating Contest

Hot dog eating contests seem to be pretty popular in other cities, but Philly steps up its game with the first annual Bratwurst Eating Contest, being held on Dec. 21 at Christmas Village. Whoever eats the most bratwurst (maximum 10) in the least amount of time will be declared the winner. There's no entry fee.

5 Family Fun Kids' Corner and photos with Santa

Have your kids been working on their Christmas list for St. Nick? Here's their chance to meet the jolly elf in person and get a photo inside his magical hut. Other activities will include face painters,

ALL IMAGES PROVIDED

caricature artists, music and more. The schedule varies by day.

6 Pet photos with Santa

Don't have a child? Now you can bring your fur babies to get their photo with Santa every Friday, Saturday and Sunday during regular market hours. Talk about a "me-owy" Christmas!

7 New vendors to check out

This year's Christmas Village welcomes 13 new vendors, offering everything from toys to candy to jewelry and even pet treats. A highlight for the parents out there could be Steiff, a maker of high quality plush animals from Germany. Local favorites new to the market this year are Shane's Confectionery and Franklin Fountain.

8 Student specials

Stressed out from studying? Every Tuesday, students can enjoy special discounts on food and drinks to add a little holiday magic to the crunch time before winter break.

9 Ornaments, galore

Need more ornaments for your Christmas tree? The indoor tent that houses thousands of authentic German ornaments from Kaethe Wohlfahrt has you covered. They also have nutcrackers, music boxes and decorative candleholders, or "schwibbogen."

Christmas Village will remain open through Christmas Eve on Saturday, Dec. 24.
For more information on Christmas Village, visit philachristmas.com.

Sundays on Stage

A series of cultural programs featuring live performances by a variety of artists and entertainers. These family programs celebrate diversity through music, dance, storytelling, and more.

December 4
West Philadelphia Orchestra

December 11
Pages to Pirouettes' The Nutcracker

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YOUR WEEKEND STARTS NOW

HOLIDAY

Tree Lighting in Passyunk

South Philadelphians flock to their famous Singing Fountain Thursday night for this annual tree lighting that includes holiday entertainment and the chance to snap a photo with Santa. Performances include holiday song favorites performed by crooners from Alphabet Academy, student musicians from Andrew Jackson School and a jazzy set by the Joe King Trio.
Dec. 1, 5-7 p.m.
The Singing Fountain
East Passyunk Avenue and Tasker Street
Free
visiteastpassyunk.com

Philly Pops Christmas Spectacular

Sounds of the holiday season—and a few gospel favorites — fill the Kimmel Center's Verizon Hall at this annual, two-week concert put on by the Philly Pops. The evening provides the chance to sing along to your favorite holiday tunes, and word on the street is that Santa makes an appearance.
December 2-18
Kimmel Center
300 S. Broad St.
$34 and up
phillypops.com

A Very Philly Christmas

For a taste of Christmas past, venture to Fairmount Park, where six of the park's historic homes, like Cedar Grove, Laurel Hill Mansion, and Mount Pleasant, will be decked out for the holidays. For an hour, each abode will host a local musical troupe playing seasonal tunes, and snacks will be offered throughout the day. For an extra dose of merriment, have a beer at a special Parks on Tap that will be set up outside Historic Strawberry Mansion from noon to 5 p.m.
Dec. 3, 10 a.m.-4 p.m.
Historic Houses of Fairmount Park
$8-$100
holidaysinthepark.com

Deck the Alley

Nothing says old-world Christmas like a stroll down Elfreth's Alley during the holidays. Saturday, America's oldest street makes the season official with a showcase of decorations, carolers and seasonal refreshments. Attendees will also have the chance to peek inside some of the homes to see how residents deck the halls behind their charming doors.
Dec. 3, 3-7 p.m.
Elfreth's Alley
126 Elfreth's Alley
Free
$25
elfrethsalley.org

Rittenhouse Tree Lighting M. FISCHETTI FOR VISIT PHILADELPHIA

HOLIDAY

Tree Lighting in Rittenhouse Square

On your way home from work Thursday night, swing by Rittenhouse Square to see the park's mammoth 30-foot tree get its first light of the season. The hourlong fete brings out The Philly Pops, In the Mix Acapella Group and more for holiday sing-alongs. When the show's over, head across the street to visit Saint Nick at TD Bank.
Dec.1, 5-6:30 p.m.
Rittenhouse Square
18th and Walnut streets
Free
rittenhouserow.org

Headhouse Shambles

A huge affair surrounds the lighting of the Christmas tree at Headhouse Shambles. The day begins at 3 p.m. with a holiday parade down South Street featuring local music and dance performances and, of course, appearances by Santa, Frosty and Rudolph. Saint Nick initiates the tree lighting at 5 p.m., then guests are free to roam the Shambles for snacks, hot cocoa and a little holiday shopping.
Second and Lombard streets
Pay as you go
southstreet.com

MUSIC

Mark Kramer and Eddie Gomez Trio

Spend First Friday in December bopping at The Barnes with local pianist and composer Mark Kramer and revered bassist Eddie Gomez. The duo play selections from their 2004 album "Jazz Fiddler on the Roof" while you mingle with guests, sip on complimentary Blue Moon beer and browse the Barnes' fabulous galleries after sundown.
Dec. 2, 6-9 p.m.
The Barnes Foundation
2025 Benjamin Franklin Pkwy
$10-$25
barnesfoundation.org

Theory of a Deadman

Canadian rock group Theory of Deadman perform a live acoustic set at Valley Forge Casino Saturday night. This is the third U.S. stop on the quintet's North American tour, which features a setlist of Top 10 hits, like "Bad Girlfriend" and "Lowlife." They recently released a cover of "Hallelujah" in honor of Leonard Cohen that's worth a good listen.
Dec. 2, 8 p.m.
Valley Forge Casino
1160 First Ave.
$32.50
vfcasino.com

PERFORMING ARTS

"Jib"

Several creative forces come together for this multimedia experience that promises to be a concert, rock opera and film all rolled into one. The show, which follows an ambitious singer-songwriter named Jib, features new music from Amanda Palmer of the Dresden Dolls, Jason Webley, Firehorse and The Few Moments.
Through Dec. 17
Christ Church Neighborhood House
20 N. American St.
$25, ticketleap.com

"Antagonyms"

This hyper-local, modern-day piece of noir theater follows four Philadelphians struggling to deal with demons from their past. At the heart of the show—a world premiere written by Philly's Rachel Gluck—is the concept of love and identity and the personal barriers we need to overcome to discover each. The show contains graphic content, so leave the kiddos at home.
Dec. 2-17
Curio Theatre Company
4740 Baltimore Ave.
$15-$25, curiotheatre.org

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Illia Barger (b. 1961), The Dead Impressionists: Daniel Garber and Elizabeth Freedly Price, 2012–16, oil on gesso board. Courtesy of Illia Barger.

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ALL IMAGES PROVIDED

New holiday albums to get and to give

Because you can't rock around the Christmas tree in silence. RACHEL RACZKA

"Don't Waste Your Wishes," The Killers

With a title like that, don't expect too much mirth and cheer from the Killers' Christmas album to benefit Bono's AIDS charity, (RED). But who says the holidays are all gumdrops and mistletoe, anyway? Tracks include star-studded, sort of grim sing-alongs, including a western-twanged rendition of "I'll Be Home for Christmas."

"A Very Kacey Christmas," Kacey Musgraves

Wacky, whimsical country star Kacey Musgraves embraces her full Kacey-ness in her appropriately titled holiday release. She's a li'l bit country, a li'l bit neo-soul, a li'l bit old-school Crosby and a li'l bit Caribbean with collaborators like Willie Nelson and Trigger ("A Willie Nice Christmas") and Leon Bridges ("Present Without a Bow").

"Christmas Party," She & Him

A follow-up to 2011's "A Very She & Him Christmas," Zooey Deschanel and M. Ward pump out stripped-down versions of all the favorites, with guest stars Jenny Lewis, the Chapin Sisters and Sonic Youth drummer Steve Shelley. Deschanel's daughter Elise even makes an appearance, with a sweet "squee" that's sure to melt your heart.

"Tis the SeaSon," Jimmy Buffett

Buffett's sophomore Christmas album is the jingling, ukulele-strumming party-pleaser you'd expect it to be. The follow-up to "Christmas Island" includes a "Parrothead Version" of "The Twelve Days of Christmas" that features "nine pairs of flip-flops," "five cheeseburgers" and "a purple parrot in a palm tree."

"A Pentatonix Christmas," Pentatonix

A ca-lujah! The Texan vocalists are back with their second holiday album since 2014's "That's Christmas to Me." The "Sing-Off"-famous group's release features a cover of Nsync top 40 classic "Merry Christmas, Happy Holidays," and a fittingly haunting, reverberating rendition of Leonard Cohen's "Hallelujah." Tissues, please.

"Merry Christmas from Andra Day," Andra Day

Grammy nominated R&B songstress Andra Day released a five-track EP ahead of a spree of TV appearances in December, including Empire's "White Hot Holidays" variety special on Fox Dec. 7. Day duets with country star Jennifer Nettles on "God Rest Ye Merry Gentleman" and "Someday at Christmas" alongside the legendary Stevie Wonder.

"Simply Christmas," Leslie Odom Jr.

Tony-winning "Hamilton" star Leslie Odom Jr. may have parted ways with Broadway earlier this year, but that doesn't mean he's out of the spotlight just yet. His collection of favorites includes soulful, jazzy interpretations of "The First Noel" and "The Christmas Song," as well as a cover of Ingrid Michaelson and Sara Bareilles' beloved "Winter Song."

Honorary mention

It's not a new release for this year, but perhaps it went under your radar in 2015: Sharon Jones and the Dap Kings' "It's a Holiday Soul Party" seems appropriately sad but joyful this season. The late, great singer's first and only foray into holiday LPs includes a soulful salute to the "8 Days (of Hanukkah)" and toe-tappin' funk fest, "Ain't No Chimneys in the Projects."

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Get sporty

The Conchi is Aruba's famous natural pool, carved by the sea from volcanic rocks. ALL PHOTOS ARUBA TOURISM AUTHORITY

A vacation to Aruba is all about getting outdoors. Here's your guide to enjoying it to the fullest.

ED CONDRAN
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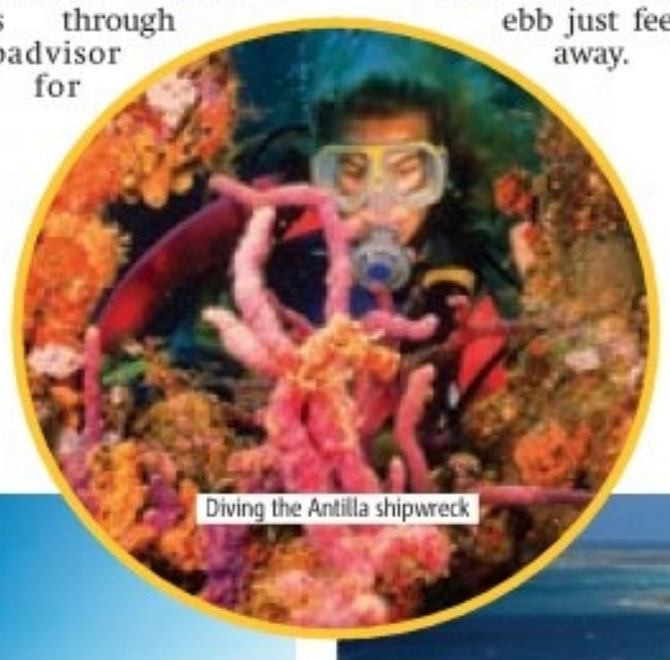
It's endless summer in Aruba. Because it sits just outside the hurricane belt in the southern Caribbean, there is no rainy season. Its white sand is cool, humidity remains low all year and the turquoise waters surrounding the island nation are always warm. And it's all just a four-hour flight from New York.

Because we're about to spend three months cooped up indoors for the winter, we booked a flight from Newark to Aruba ($352 nonstop roundtrip on United) to enjoy the sunshine and get in some of the workouts we're sure to miss once snow begins to fall.

Manchebo Beach Resort & Spa (deluxe ocean view room, $261 a night) was home base. The rooms are ample; however, it's about location. The low-key beach at Manchebo is the widest on the 19.6-mile island. Free yoga and pilates classes are held on the beach, and after some laps in the water, there are plenty of palapa huts to enjoy the resort's serenity and seclusion.

When it's time for adventure, at the top of your list should be a visit to **Conchi**, the island's natural pool. In this age of immediacy, Conchi is a reminder that it's worthwhile to expend a bit of effort — the pool is accessible only by foot or off-road vehicle. The terrain surrounding the pristine pool is rugged, so bring proper footwear. You can rent a Jeep, but it's not recommended to drive yourself. You'll want a tour guide with a driver's license to get you there — we found ours through Tripadvisor for $107 per person.

Water sprays over rocks as the tide rushes to the shore, with unusual formations reminiscent of Big Sur. The water has worn away the volcanic stone, creating what is known as the natural pool. Climb down carefully along the slippery rocks, and you'll find a calm and inviting pond to swim in as the ocean waves crash and ebb just feet away.



Diving the Antilla shipwreck

For a closer look at the Caribbean Sea's wildlife, go snorkeling off the leeward coast of the island. A half-day **Luncheon Snorkel Sail** ($81.99 per person, viator.com) includes a buffet with delicious local curries and stews. The experience is worth the dive to check out the Antilla, a German merchant ship, which was sunk in 1940 after Germany invaded Holland. The 400-foot long cargo ship has been perfectly preserved.

Back on dry land, get in a round of beach tennis — it's like a more intense badminton. The popular Aruban game requires a mini-racket, a tennis ball and a lower net, and is played on the sand. **The Tropicana Resort & Casino** boasts the largest beach tennis facility in the world, with courts available without a reservation ($30 per half-hour, $50 per hour).

And because a long day's adventure should be rewarded with a great meal, make sure your dinner plans include **The Old Man and the Sea**. Yes, the papaya fish (red snapper with confetti polenta and their signature papaya sauce) is tangy and lives up to its hype. But what put the experience over the top was the drink, a fruity rum cocktail, in our hand while we dug our toes in the sand, as the gentle breeze made for another idyllic sunset.

According to the Aruba Tourism Authority, more than half of those who visit return, and it's easy to see why.

Baby Beach

Manchebo Beach Resort & Spa

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Bangkok in a day

Your guide to making the most of 24 hours in Thailand's bustling capital city.

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Grab a bite from a boat along the city's canals. ALL PHOTOS GETTY IMAGES

Electric and chaotic, Bangkok is teeming with a dizzying variety of sights and activities. But what should you do if you're in the city only for a short time?

Visit a temple

The Grand Palace and Wat Po are the major temples on every Bangkok to-do list. But with overwhelming crowds throughout the day, they are victims of their own notoriety. You can still experience Bangkok's magnificent temples on a tight schedule by going a bit off the beaten path. Wat Suthat, a stunning temple in the Old City, is home to a bronze Buddha more than 25 feet tall. The main hall is impressively decorated in floor-to-ceiling murals that date from 1850 and depict the Jakata Tales, stories of the previous lives of Buddha. More than 150 smaller but just as spectacular Buddha statues decorate the cloisters surrounding the complex.

Try the street food

Bangkok is synonymous with street food, and for good reason. Everywhere you turn, there's a stall hawking all sorts of dishes from pad thai to som tam and mango sticky rice, to more adventurous fare like balut (fertilized duck eggs) and durian. If you're shopping on Khao San Road, you might as well stop to grab a bite, as this street is just as noteworthy for its street food. Although vibrant at any time of day, Khao San Road really comes alive once the sun goes down, and that includes a multiplying bevy of food options. Venture over to Chinatown for appetizing delicacies that go beyond Thai cuisine. But don't limit yourself to these two locations; a turn down any street corner or bustling alleyway will yield busy food stalls offering satisfying culinary rewards.

Khao San Road

Go on a canal tour

Bangkok is known as the Venice of the East, thanks to its winding network of canals. Known as klongs, these waterways used to be the main means of transportation in Bangkok and are still a back alley to local life. It's not unusual to see modest shacks next to modern townhouses as you cruise along the waterways. There are also temples, restaurants and other sites that are accessible if you're looking to stretch your legs and explore.

Enjoy a puppet show

The ancient art of Thai puppetry is still an active tradition in Bangkok. Elaborately carved puppets are each manipulated by several puppeteers on the same stage, acting out traditional folk tales with delightfully emotive storytelling that transcends any language barrier. Avoid the touristy theaters and check out a more unique experience at Baan Silapin Artist's House. This artist's collective space sits on Klong Bangkok Yai, in an open-air canal house with rustic wooden decor that, although renovated, is more than 200 years old.

Go shopping

Bangkok is a shopping mecca, and even if you're short on time you can find great deals. Known as a bustling area where backpackers congregate, Khao San Road is packed with shops selling all sorts of cool and colorful Thai wares. Want to explore a night market? Then head to Asiatique. This open-air mall sits on the Chao Phraya River and is home to more than 1,000 stalls situated in four warehouse areas. Whether you're looking for clothing, jewelry, or souvenirs, you'll be able to find it here. Don't be afraid to haggle!

Take a tuk tuk ride

A visit to Bangkok is not complete without an exhilarating ride in one of these unique vehicles. Essentially a motorbike with a colorful cabin for passengers behind the driver, these mini taxis zip along streets at a frenetic pace. Be sure to negotiate the rate and destination before getting in, and don't let the driver make pit stops to other sights or shops. Oh, and hold on tight.

Indulge at a restaurant

Bangkok is one of the top destinations for street food, but don't let that dominate your culinary experience. Bangkok also has world-class restaurants that serve anything from traditional Thai to haute cuisine. The Never Ending Summer in Thornburi is a perfect stop. This chic restaurant, set in a renovated warehouse space inside the Jam Factory complex, cooks classic Thai dishes that tourists might not know, such as ko mu yang (grilled kurobuta pork collar) and yum tua puu (wing bean salad with grilled prawns, minced pork, and soft boiled eggs). The elegantly plated dishes are a fantastic contrast to the contemporary industrial decor.

Lounge at a rooftop bar

To really experience Bangkok in all its vast glory, you have to see it from up high. There's no better way to do that than with a cool cocktail in hand at one of the many rooftop bars, like Moon Barat the Banyan Tree Hotel. Sitting 61 stories high, this rooftop bar offers stunning 360 degree views as well as deliciously unique cocktails like the lychee ginger smash. If the weather suddenly turns you can head downstairs to the equally impressive Vertigo Too Lounge.

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10 Story lines to know when Temple faces Navy for AAC championship

Can the Owls take a big step Saturday toward becoming a college football power?

EVAN MACY
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Temple will play football for a championship on ABC Saturday (at noon). Read that sentence again. College football fans and Philadelphians couldn't have imagined such a statement to be true as recently as a few years ago, but it's true. The Owls face Navy in Annapolis with a chance to win the AAC and get into a New Year's Six Bowl.

Here's a quick look at 10 storylines to know heading into the showdown for conference supremacy:

1 Second Chance

The Owls, 10-2 in 2015, have been here before. In their first ever conference championship appearance of any kind last season they faltered big time, falling to No. 17 Houston 24-13. A year later, sitting at 9-3, Temple will return to the title bout looking to show up this time — against No. 20 Navy. With a bevy of returning players, a wiser and more experienced squad is looking to take advantage of a second chance.

2 The turnaround

Matt Rhule's squad was more or less left for dead after starting the season 3-3, but then the Owls rallied off six straight wins and here we are.

Their recent success has been fueled by one of college football's most dominating defenses. The Owls have allowed the third fewest yards per game and second fewest through the air of 128 NCAA programs. They are also in the top 10 in points allowed.

3 Emerging power

It's a big game, but Rhule, who is looking to build something truly great in North Philly, isn't worried about the implications of possibly being the AAC champs.

"To me, winning the game does not signify anything about the program," the coach told media members this week. "We have gotten to where we are — it's another football game, maybe just to me — I think with what the kids have done and with how may wins they have and with them all graduating, many of them have jobs. We are on national TV and the brand is out there. ... There's a lot of people all across Temple and Philadelphia who have sacrificed for the program. When they see us on national TV we hope it's something they can feel really proud of, but we will come back and try and do the same thing next year."

4 Revenge on the mind

Temple recently faced Navy in 2014 and fell, 31-24. Does that give the Owls an advantage?

"When you play someone the second time … it can be a little bit harder," Rhule said of Navy. "It's harder to get back, the energy is harder to get back the second time because 'OK, it's done.'"

5 Health of stars

There are some important injury issues Owls fans need to pay attention to — particularly at the quarterback and running back positions.

"[RB Jahad Thomas] will play the whole game," Rhule said. "We are kind of going into it — as of Tuesday — if we played today, [QB Phillip Walker] wouldn't play and [RB Ryquell Armstead] wouldn't play."

6 Stopping the triple option

The Midshipmen run for 342 yards per game on the ground. That's the second most in all of football — and more than many teams earn in total offense. They run the triple option, always a difficult scheme to stop.

"It's really power football, it's a lot like us," Rhule said. "We don't run the option we line up and run downhill on you but they have they ability to run the option. There's a true power element, which is why they've posted historic numbers the last couple weeks."

7 Ball Control

The Owls are fifth in the country in time of possession, but it will be hard to keep the ball for long with Navy on the other sideline.

"When you play Navy you know you're not going to get a lot of drives," Rhule said, "so you better make the most of it while you're at it."

8 Watch out for the pass

Navy quarterback Will Worth doesn't just anchor the triple option, he can throw the ball too.

"He's an extremely accurate quarterback," Rhule said. "He throws the ball really well and when he's not he scrambles and makes plays."

9 Bowl implications

Saturday's winner could get a ticket to a New Year's Six bowl like the Cotton Bowl. The loser will likely be relegated to a post-Christmas bowl like the South Florida Bowl. Clearly, a big difference in prestige for the winner's postseason destination.

10 Collecting hardware

Nine Temple players were named to an All-AAC first, second or honorable mention team this week. First-team honors went to OL Dion Dawkins and DL Haason Reddick. Second team to RB Jahad Thomas, DL Praise Martin-Oguike, LB Avery Williams, DB Sean Chandler and K Aaron Boumerhi. TE Colin Thompson and LB Stephaun Marshall earned honorable mention.

How big a legacy can the Temple Owls continue to forge in the midst of their most successful stretch ever? GETTY IMAGES

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You shouldn't be depending on Caroina's Greg Olsen at this stage in the season. GETTY IMAGES

Lesser Jags WR doing some damage

Allen Robinson is the big name in Jacksonville, but third-year receiver Marqise Lee was quietly, consistently productive for the Jags in November. Lee has received 28 looks in his last four games, parlaying that into 16 catches for 223 yards and two touchdowns. With tight end Julius Thomas hurt yet again and Allen Hurns dealing with a hamstring issue, Lee should be able to continue his productive ways despite a tough matchup against the Broncos in Week 13.

Time-share tipping in Baltimore

While Terrance West was cemented as the RB1 in Baltimore for the early part of the season, the emergence of a healthy Kenneth Dixon should have West's owners sweating. The time-share that has been developing over the last few weeks finally shifted in Dixon's favor, with the dynamic rookie out-touching West 17 to 16. Dixon was also more productive overall thanks to his four catches for 31 yards. It's becoming increasingly clear that the Ravens are looking to shift toward Dixon, who has a much brighter future than West. He merits flex consideration this week and could evolve into an RB2 if West continues to fade.

Olsen cold streak no fluke

Carolina Panthers tight end Greg Olsen thrived in the early part of the season — his production was so prolific that he's still the TE1 on the season. However, he has severely disappointed his owners since the Panthers' Week 7 bye. In that time, Olsen is averaging 3.8 catches per game for an abysmal 36 yards, and he has just one score in that timeframe. Unfortunately for Olsen, Cam Newton has struggled a bit in the passing game, and is beginning to spread the ball around instead of relying on Olsen. The emergence of a consistent Ted Ginn, Jr. detracts even further from his value, and it doesn't appear any of these factors will change soon. You're going to continue starting Olsen due to his upside, but temper your expectations.

Sleepers

Each week we will identify three players worth taking a shot on in deeper leagues.

Vernon Davis, TE, Washington Redskins – Kirk Cousins is playing MVP-caliber football, and with Jordan Reed dealing with an AC joint injury Davis should be an integral part of the offense.

Rex Burkhead, WR, Cincinnati Bengals – Burkhead actually out-snapped Jeremy Hill in Week 12 (the latter left for a bit with an injury), and he out-rushed him as well with just five carries. He's the better pass-catching option, so he has a decent floor in the timeshare.

Marquess Wilson, WR, Chicago Bears – Despite his untimely drops in the end zone, Wilson had a nice game in with 12, leading the Bears with an 8-125-1 line. He looks like Matt Barkley's favorite option.

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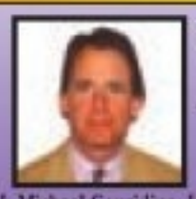

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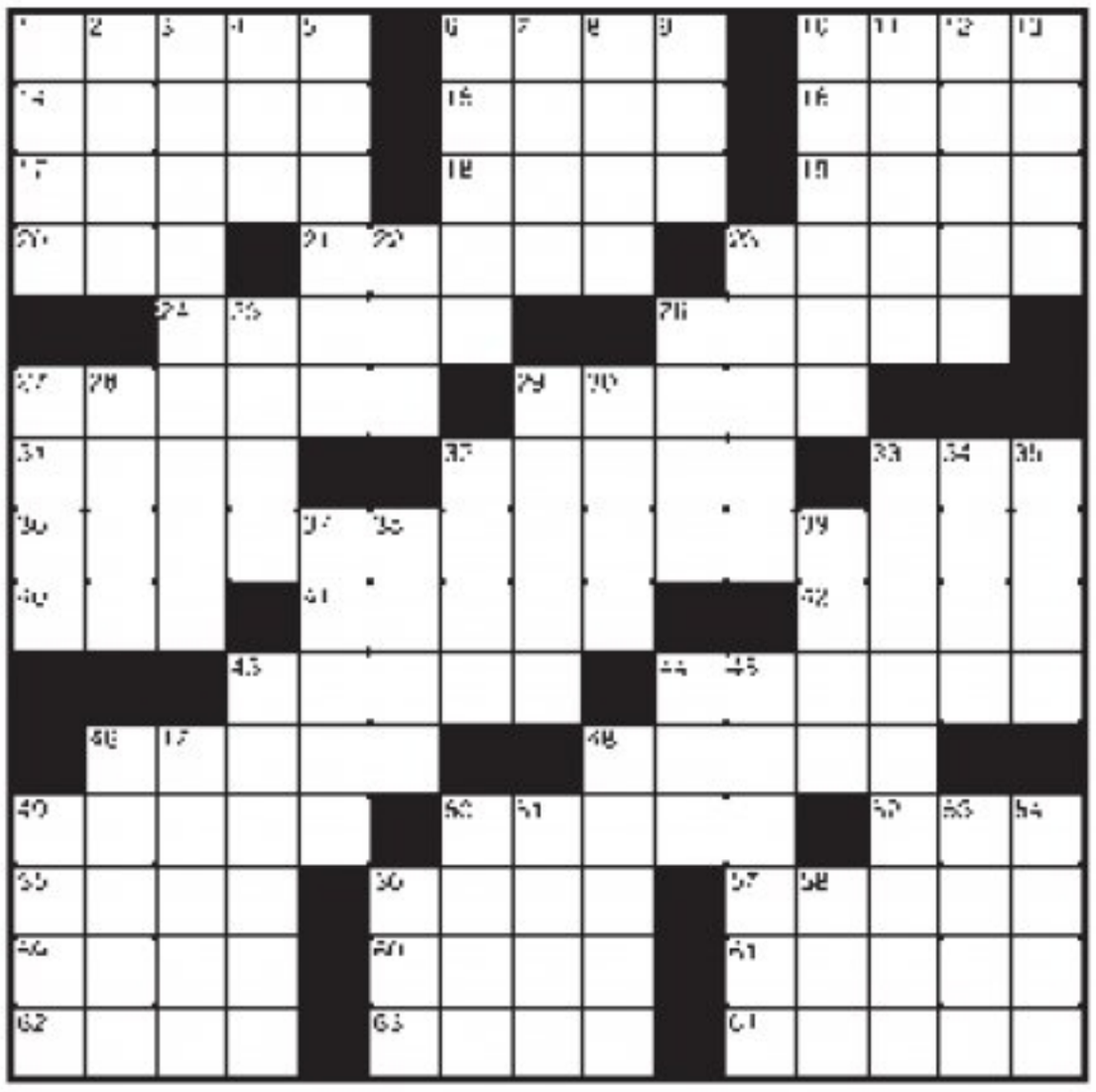

Across
1 Reindeer herders
6 Makes candles
10 Just for guys
14 Mr. Goldfinger
15 Paul Drake's creator
16 Downs of "20/20"
17 Groovy
18 Anchor terminus
19 What never to tell (2 wds.)
20 Mi. above sea level
21 Coat for a house
23 Act glad
24 Buy a round
26 Two-door car
27 Hot-dog topper
29 Gentleman callers
31 Some poems
32 King and queen
33 Get a loan
36 Stay friends (3 wds.)
40 – Moines
41 Brink
42 Blissful spot
43 Metaphysical poet
44 Dilapidated
46 "X -- the spot"
48 Virtual
49 Sandbags, maybe
50 Impede
52 Collar
55 He gave us a lift
56 Sanskrit dialect
57 Novelist -- Zola
59 Hoedown honeys
60 Horse-trade
61 Polishes planks
62 Dispatch a dragon
63 Motor lodges
64 Frat-party wear

Down
1 Pre-Tina Turner
2 Novelist Jean --
3 Chatterboxes
4 Cherry seed
5 – out (checks)
6 Red-ink entry
7 – Man Triathlon
8 -- du jour
9 Firm up
10 Gumshoe
11 Spring bloomer
12 Like an acrobat
13 Clarified butter
22 Long sigh
23 Marching band composer
25 Gentle slope
26 Ungentlemanly ones
27 Kind of rage
28 Competitive advantage
29 Deputy's need
30 Buffalo's lake
32 Roasting ear
33 Predetermining
34 Half a fortnight
35 Counting-rhyme start
37 Draw forth
38 Decades
39 Turns right
43 Not casual
44 Prompt
45 Least common
46 Copper or zinc
47 St. Teresa's town
48 Handy swabs (hyph.)
49 Records, as mileage
50 Break of day
51 Joie de vivre
53 Tynan portrayer
54 She preceded Mamie
56 Air-pump meas.
58 Kind of jacket

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easy

		2	9			7		1
	9			7			6	
3				2	5			9
					7		2	
9		5		6		1		3
	8		3					
4			7	5				6
	6			9			8	
5		8			6	2		

hard

	4	2	7					
	9				2	5		3
5		1			8			
6	8			3				
		4	6		5	3		
				2			5	7
			2			8		6
1		8	5				4	
					1	7	3	

metro.us/horoscopes

Aries Your emotions may prevent you from making a good decision. Don't jump to conclusions over something that will set you back instead of helping you get ahead.

Taurus Use your ingenuity and do what you can to initiate a conversation with someone who may have something to contribute to your plans. Travel may be necessary.

Gemini You must use caution when dealing with contracts, legalities, health or financial issues. Promises will be made, but you should nonetheless get things in writing.

Cancer An emotional connection with someone quite different from you will develop into something very special. A partnership will encourage you to follow your dreams.

Leo Networking, doing things with people you love or making positive alterations at home that will encourage you to take on a new project are featured. Stay focused.

Virgo A unique partnership will develop. Use your intuitive insight to select the best route. Expect interference from someone close to you regarding your decisions.

Libra Taking part in activities that allow you to show off your skills, experience and knowledge will interest someone who has something to offer.

Scorpio Let past personal experience dictate how you move forward. Choosing a unique way to live that satisfies you mentally and physically will encourage success.

Sagittarius Stick to the facts and don't make promises you cannot keep. It's important to move forward at a steady pace and without conflict in order to avoid interference.

Capricorn An emotional plea will inspire you to voice your concerns regarding certain situations. Speak up and share your point of view as well as your suggestions and plans.

Aquarius Open talks with someone who you feel can help you reach your goal. His or her suggestions will help you make significant changes to the way you move forward.

Pisces A creative idea will bring you recognition. Don't let someone's jealousy stop you from following through with your plans. Believe and trust in yourself. EUGENIA LAST

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